

Treatment	Pros	Cons
Exercise	-Non-hormonal -Reduces cancer risk	Injury prone (if not done with care)
Wild Yam	Available without a prescription	-Plant estrogen (hormone) -Side effects of blood clots -Possible increased risk of breast, uterine & ovarian cancers
Evening Primrose Oil	Available without a prescription	-Might not work -Not to be used in people with seizures or bleeding disorders
Black Cohash	Available without prescription	-Possible increase risk of breast, uterine and ovarian cancers
Paroxetine (Paxil)	-Non-hormonal -Improves mood	-Side effects of nausea -Decrease in libido
Venlafaxine (Effexor)	-Non-hormonal -Improves mood	-Could increase blood pressure
Clonidine	-Non-hormonal -Reduces elevated blood pressure	-Prescription required -Side effects of headaches, drowsiness
Estrogen	-Most effective -Improves bone density	-Hormonal -Increased risk of blood clots, breast, uterine and ovarian cancers